



More Color More Health GREEN

Rack up the Greens for Better Health

CDC Recommends Eating a Variety of Colorful Vegetables and Fruits

Green leafy vegetables such as spinach, romaine lettuce, collard greens, kale and broccoli should be eaten every day. Nutrition research suggests that the more green veggies you eat, the healthier you will be. The National 5 A Day for Better Health Partnership recommends making green vegetables an important part of your recommended 5 to 9 servings of vegetables and fruit a day.

What makes green vegetables so healthy? One reason is that they are packed with nutrients and phytonutrients—substances found only in plants that may help fight disease and improve health. Lutein (pronounced LOO-teen) part of the carotenoid family is a powerful antioxidant found in green leafy vegetables. It is being studied for the role it may play to help maintain good vision. Green vegetables are packed with lutein. Include green vegetables every day as part your recommended 5 to 9 servings of vegetables and fruit a day. Below are examples of existing research.

- Jacques PF, Chylack LT. Epidemiologic evidence of a role for the antioxidant vitamins and carotenoids in cataract prevention. *Am J Clin Nutr.* 1991;53:352S-355S.)
- Mares-Perlman JA, Brady WE, Klein BEK, et al. Diet and nuclear lens opacities. *Am J Epidemiol.* 1995;141:322-334.
- Seddon J, Ajani U, Sperduto R, et al. Dietary carotenoids, vitamins A, C, and E, and advanced age-related macular degeneration. *JAMA.* 1994, vol 271(18):1413-1420.

Indoles (pronounced in-DOLS) are another group of phytonutrients found in cruciferous vegetables such as broccoli, cauliflower, cabbage, and Brussels sprouts. Indoles are being studied for their role in helping protect against breast cancer (which affects one out of every eight women in the U.S.) and prostate cancer (which affects one out of every six men in the U.S.). In a recent study, men who ate cruciferous vegetables at least three times a week had a 42 percent reduction in risk of prostate cancer (Cohen, et al).

- Cohen JH, Kristal AR, Stanford JL. Fruit and vegetable intakes and prostate cancer risk. *J Natl Cancer Inst.* 2000;92:61-68.
- Terry P, Terry JB, Wolk A. Fruit and vegetable consumption in the prevention of cancer: an update. *J Int Med* 2001;250:280-290.

- Terry P, Wolk A, Magnusson C, Brassica vegetables and breast cancer risk. JAMA Vol. 285 No. 23, June 20, 2001

Best 'Green' Sources of Lutein

Kale	Honeydew melon
Romaine Lettuce	Kiwifruit
Broccoli	
Green Peas	
Spinach	
Leafy Greens	
(Turnip, Collard, Mustard)	

Best Sources of Indoles

Broccoli	Cauliflower
Cabbage	Brussels sprouts
Kale	Bok Choy
Rutabaga	Arugala
Swiss Chard	Watercress
Turnips	

There are thousands of health promoting phytonutrients found in plants. Research is just beginning to show how they work to improve health, so it's important to eat a wide variety of colorful orange/yellow, red, green, white, and blue/purple vegetables and fruit every day. By eating vegetables and fruit from each color group, you will benefit from the unique array of phytonutrients, as well as essential vitamins, minerals, and fiber that each color group has to offer alone and in combination.

The best way to include a variety of foods is to eat vegetables and fruits of various colors. Eating a variety of colorful vegetables and fruits is an easy way to achieve the 5 to 9 a day goal. Keep in mind, 5 servings is the minimum, but strive for 5 to 9 servings a day.

For breakfast try a slice of honeydew melon. Have a kiwi snack mid-morning by cutting a kiwi in half and use a spoon to scoop out the fruit. For lunch try the spinach salad with marinated vegetables or the broccoli green beans with ginger recipes that follow to boost your greens during lunch and dinner.

The 5 A Day Partnership encourages all Americans to eat 5 to 9 servings of vegetables and fruit a day to promote and improve health and reduce risk of cancer and other chronic diseases. For additional information on the 5 A Day For Better Health Program and Partnership, visit:

<http://www.cdc.gov/nccdphp/dnpa/5ADay/index.htm>
www.5aday.gov
www.5aday.org



Green Recipes

Spinach Salad with Marinated Vegetables

This hearty salad is rich in lutein and indoles. It provides each person with three and a half servings of vegetables. Served with a cup of soup, it makes a filling and delicious dinner. The marinated vegetables and croutons may be prepared ahead of time.

Makes 4 servings

Each serving equals three and one half 5 A Day servings

1 cup small, bite-sized cauliflower pieces (use fresh or thawed frozen)

1 cup sliced button mushrooms

8 (about 1 cup) stalks fresh asparagus, sliced on the diagonal into bite-sized pieces

1 14-ounce can quartered artichoke hearts in water, drained

$\frac{1}{2}$ cup reduced-fat red wine vinaigrette or Italian dressing, divided

4 slices white or sourdough bread, with crust cut off and bread sliced into bite-sized cubes

5 cups (about 6 ounces) tightly packed spinach leaves sliced, into bite-sized pieces

Preheat oven to 350 °F. Steam or microwave together cauliflower, mushrooms and asparagus until asparagus is tender-crisp. Place in a medium bowl with artichoke hearts and toss with 3 tablespoons dressing. Cover and refrigerate.

Spread bread cubes in a shallow glass pan and toss with 2 tablespoons vinaigrette. Bake 10 minutes, until golden brown. Let cool. Toss spinach leaves with remaining dressing and croutons in a large serving bowl. Top with marinated vegetables and serve.

Nutritional analysis per serving: Calories 327, Protein 12g, Fat 2g, Calories From Fat 4%, Cholesterol 0mg, Carbohydrates 66g, Fiber 4g, Sodium 450mg.

Broccoli & Green Beans with Ginger Green Sauce

A delicious green sauce gives these favorite vegetables a pleasant kick and allows the cook a little artistry when it comes to table presentation.

Makes 4 servings

Each serving equals one 5 A Day serving

Green Sauce

2 cups tightly packed, fresh spinach leaves

$\frac{1}{2}$ cup low-sodium vegetable broth

$\frac{1}{4}$ tsp low-sodium soy sauce

$\frac{1}{2}$ tsp sesame oil

2 tsp rice wine vinegar or white vinegar

2 cups (fresh or frozen) green beans, sliced into bite-sized pieces

2 cups broccoli florets (fresh or frozen) cut into bite-sized pieces

$\frac{1}{2}$ tsp grated fresh ginger (optional)

Puree green sauce ingredients in the blender until the sauce is bright and very smooth. Meanwhile, use the stove or microwave to steam green beans and broccoli just until each is bright green and tender-crisp. To serve, drizzle some green sauce on each plate, and top with a $\frac{1}{4}$ cup pile of hot green beans and a $\frac{1}{4}$ cup pile of hot broccoli.

Nutritional analysis per serving: Calories 43, Protein 2g, Fat 1g, Calories From Fat 16%, Cholesterol 0mg, Carbohydrates 8g, Fiber 4g, Sodium 128mg.

Crustless Spinach Ricotta Quiche

This Spinach Ricotta Quiche has a fresh spring flavor and it's packed with cancer-fighting nutrients.

Makes 6 servings

Each serving equals two and one half 5 A Day servings

Source: National Cancer Institute

12 cups well-washed fresh spinach or 2 packages frozen spinach, thawed

2 tsp olive oil

$\frac{1}{2}$ cup finely chopped onions

1 cup low-fat ricotta cheese

$\frac{1}{2}$ cup egg substitute

$\frac{1}{2}$ tsp dried dill weed

$\frac{1}{4}$ tsp pepper

$\frac{1}{4}$ tsp salt

$\frac{1}{8}$ tsp nutmeg

3 plum tomatoes (1 cup), seeds and juice removed, chopped

1 Tbsp grated Parmesan cheese

Preheat the oven to 350°F. Grease a 9" pie dish. Steam the fresh spinach until just wilted. (Frozen spinach won't need to be cooked, just thawed.) Press the water out of the cooked or thawed spinach and set aside.

Heat the oil in a small skillet and cook the onions until soft but not brown. Combine the ricotta cheese; egg substitute, dill, pepper, and nutmeg in a large bowl. Add the prepared spinach, tomatoes, and onions. Mix thoroughly and tip into the pie pan.

Sprinkle Parmesan cheese over the top and bake until set, about 30 minutes. Let the quiche cool for 5 or 10 minutes before serving.

Nutritional analysis per serving: Calories 98, Protein 8g, Fat 3g, Calories From Fat 26%, Cholesterol 64mg, Carbohydrates 5g, Fiber 2g, Sodium 412mg.

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